

ROCKVILLE SENIOR CENTER

1150 CARNATION DRIVE • ROCKVILLE, MARYLAND 20850 • 240-314-8800

Senior Center Hours

The Rockville Senior Center is open to members ages 60 and over:

Monday-Friday	8:30 a.m. - 5:00 p.m.
Saturday	8:30 a.m. - 1:00 p.m.

Registration for all senior activities (except trips) starts March 4. For trip registration procedure, see page 58.

Rockville's Senior Center is a multi-purpose center which provides a central location for many programs, activities and services offered to Rockville senior adults, 60 years of age and older. To participate, senior adults must be residents of the City or members of the Rockville Senior Center. **Membership for residents is \$25/year and for nonresidents it is \$125/year (spouse \$65). For more information, call the Senior Center Office at 240-314-8800. For directions, call 240-314-5019.**

Transportation: 240-314-8810

• **Rockville Call 'N Ride Service:** Taxi coupons may be purchased at a reduced rate based on income and family size.

• **Buses:** Door-to-door bus service is available to the Senior Center, shopping, the Pump House, club meetings and special trips. Reservations are required.

• **Mall Shopping:** Call 240-314-8810 two days in advance to reserve a seat on the bus. Free

Milestone: 4/19

Shops at Milestone: Walmart, Target, TJ Maxx, Home Depot, Giant, Kohls...

Kentlands: 5/3

Shops at Kentlands: KMart, Giant, Lowes...

Washingtonian Center: 3/15

Restaurants & Shops at Washingtonian Center: Rio Grande, Macaroni Grill, Joe's Crab Shack, Barnes & Noble, Target, Kohls, Galyans...

Francis Scott Key Mall: 6/21

Lakeforest Mall: 5/24

Montgomery Mall: 3/26

Senior Center Member Discount

Members of the Senior Center are entitled to a discount on many activities appearing in this Guide. To determine the reduced fee, use the scale below. Indicate the discount on the registration form's discount fee line. Only one discount may be used per person, per activity.

Please note the following exceptions:

1. Discounts do not apply to the activities appearing in the senior section.
2. Discounts do not apply to trips.
3. For senior discounts on swimming classes, see the individual class descriptions in the Swim Center section.
4. For more information, call 240-314-8800
5. Discounts are not available on



Activity Fee	Discount	Activity Fee	Discount
\$5	\$1	\$20.01-\$40	\$6
\$5.01-\$10	\$2	\$40.01-\$60	\$10
\$10.01-\$20	\$3	\$60.01-\$80	\$14

Senior Assistance Fund: 240-314-8810

Financial assistance for senior classes, day trips, Senior Center membership and emergency taxi coupons is available. You must meet age and income guidelines.

Meal Program: 240-314-8810

• **Daily Lunch Program:** Hot lunches are provided at noon each day, M-F. Participants contribute as much as they are able toward the cost of the meal that is \$4.05. Reservations are required.

• **Carnation Supper Club:** Join us on Tuesday evenings for dinner, socializing and entertainment. Call for reservations and cancellations. The cost is \$5.00 and transportation is provided.

Pump House: 301-762-8855

This Senior Citizen Center is open Tues. mornings, 9 a.m.-noon. Trips, health and exercise classes, recreational programs, parties and other special events are scheduled throughout the year.

Suburban Hospital HeartWell Program



If you are over 65, have high blood pressure or a heart condition and have a primary care physician, you are encouraged to enroll in the HeartWell program. The purpose of the program is to teach individuals how to manage their symptoms and reduce the frequency of hospital admissions. A registered nurse is currently at the Senior Center on Mondays, Wednesdays and Fridays. She will see individuals on a walk-in basis from 9 - 11 a.m. and will have appointments in the afternoon.

Ongoing Services: 240-314-8810

(Free unless a fee is listed)

(Clip and save)



Advance Directive Forms: State of Maryland Living Wills and Advance Directives forms are available.

Assistance for Chinese-Speaking Seniors: M-F, 10 a.m.-2 p.m. Call 240-314-8818.

Assistance for Spanish-Speaking Seniors: M-F, 10 a.m.-2 p.m. Call 240-314-8817.

Banking Assistance: Help with check writing, account balancing, service charges and general questions. Call for appointment.

Form Preparation and Assistance: M-F, 9 a.m.-4 p.m.

Grandparents Raising Grandchildren Support Group: Call for information.

Health Information Using the Internet: A computer is located in the Health Room to research health related topics.

Health Insurance Counseling: Volunteers from Senior Health Insurance Assistance Program (sponsored by Cooperative Extension Service) provide one-on-one counseling on Medicare, Medigap, long-term care insurance, HMO's, claims and appeals. 3rd Wed. Call for an appointment. Drop-ins are welcome.

Health Screenings

A1c (blood sugar test for diabetics): Fee: \$40. Call 1-800-542-5096.

Abdominal aortic: Fee: \$35. Call 1-888-922-2528 for appointment.

Ankle Brachial Index: Fee: \$35. Call 1-888-922-2528 for appointment.

Blood Pressure: 1st & 3rd Wed., 2nd & 4th Mon., 10 a.m.-12 noon.

Body Fat Composition: Every Thurs., 10:30 a.m.-12 noon.

Bone Density: Fee: \$35. Call 1-888-922-2528 for appointment.

Carotid Vascular: Fee: \$35. Call 1-888-922-2528 for appointment.

Glucose: (Fasting Blood sugar) 12-hour fasting recommended. Fee: \$2. Call for appointment.

Hearing Aid Adjustments: Call 240-314-8810 for appointment.

Hearing Screenings: Call 240-314-8810 for appointment.

Homocystein for vascular fitness: Fee: \$95. Call 1-800-542-5096 for appointment.

HsCRP: (C-reactive protein) for coronary wellness. Fee: \$35. Call 1-800-542-5096 for appointment.

Lipid Profile: (cholesterol) 12-hour fasting recommended. Fee: \$25 or \$21 for seniors. Call 1-800-542-5096 for appointment.

Prostate Specific Antigen: (PSA for prostate cancer) Fee: \$35. Call 1-800-542-5096 for appointment.

VAP: (vertical auto profile test for coronary artery disease) Fee: \$59 or \$55 for seniors. Call 1-800-542-5096 for appointment.

(All screenings at the Senior Center are provided by Adventist Health Care, Family Hearing Center, Healthcare Institute, Hearing Health Care and Suburban Hospital.)

Information and Assistance: M-F, 9 a.m.-4 p.m.

Legal Assistance: 1st Thurs., 10 a.m.-12 noon. Call for appointment.

Loan Closet: Medical equipment available for short-term loan. M-F, 9 a.m.-4 p.m. (Wheelchairs, \$50 deposit.)

Medical Clinic: Mobile Medical Care, Inc. offers physical exams, diagnoses, laboratory tests and health education services. Fees are set on a sliding scale based on income. 1st Tues., 12:30-3 p.m. 3rd Tues., 12:30-5 p.m. Call 301-493-2400 for appointment.

Metro Applications for Senior Citizen Reduced Fare Program (bus and rail): M-F, 9 a.m.-4 p.m.

Metrorail Passes: M-F, 9 a.m.-4 p.m.

Mobile Post Office: Tues., 11 a.m.-12:15 p.m.

Notary Services: M-F, 9 a.m.-4 p.m.

Pet Loan Program: 1st Wed., 10:30 a.m.-12 noon. Companion pets available for loan and/or adoption.

Rockville Emergency Assistance: Personal assistance when faced with emergency financial difficulties (appointment required).

Services for the Homebound: M-F, 9 a.m.-4 p.m.

Grupo Hispano En El Senior Center de Rockville:

El Grupo Hispano de personas mayores de 60 años del Senior Center de Rockville, les invita a participar de las actividades programadas en Español cada día. Entre nuestras actividades recreativas contamos con ejercicios físicos, manualidades y viajes. Se ofrece transportación de puerta a puerta para determinadas áreas de la ciudad. No se quede en casa, venga y disfrute de un delicioso almuerzo servido todos los días a un precio razonable y conozca personas de su edad!

El Senior Center de Rockville, cuenta con una oficina de Servicio Social en Español para los que necesiten orientación de donde y como adquirir los beneficios para los abuelitos que califiquen para obtener Seguro Social, SSI, Medicare y Medicaid. El Senior Center de Rockville también es visitado por la clínica médica ambulante cada quince días para prestar servicio de salud a las personas que **No** tienen seguro médico.

Entre nuestras actividades culturales contamos con clase de Inglés Básico, Intermedio y Avanzado, para extranjeros de cualquier nacionalidad. Para mayor información por favor de comunicarse con Miriam Minera al teléfono **240-314-8817** Para mayor información comuníquese con Miriam al teléfono **240-314-8817**

Senior Computers

All classes will be held at the Rockville Senior Center unless otherwise noted.

Beg. Introduction to Computers

This 6-hour course is for seniors with very little or no computer experience. Learn how to use the computer mouse, keyboard and simple word processing programs. Basic skills are taught in small classes at a pace to build confidence and encourage further learning. Note: Beginners are eligible to attend the Beginners Practice Lab and receive further individual instruction every Friday morning from 9:30-11:30 a.m.

Keyboard portion is Mon., Apr. 12, 10-11:30 a.m.

Mouse portion is Mon., Apr. 12, 12:30-2 p.m.

The Word Processing portions are Tues. and Thurs., Apr. 27 and 29, 10:30 a.m.-12 noon.

#10464 Mon, Tue & Thu Apr 12-29
No fees 10 am-12 noon

Keyboard portion is Mon., May 10, 10-11:30 a.m.

Mouse portion is May 10, 12:30-2 p.m.

The Word Processing portions are Tues. and Thurs., May 25 & 27, 10:30 a.m.-12 noon.

#10465 Mon, Tue & Thu May 10-27
No fees 10 am-12 noon

Keyboard portion is Mon., June. 14, 10-11:30 a.m.

Mouse portion is Mon., June 14, 12:30-2 p.m.

The Word Processing portions are Tues. and Thurs., June 22 and 24, 10:30 a.m.-12 noon.

#10466 Mon, Tue & Thu Jun 14-24
No fees 10 am-12 noon

Clarify Computer Concepts

Now that you have completed the Beginners Introduction to Computers, learn what comes next. This class will reinforce what you were taught and demystify all the new concepts and terms that you have encountered. After this class you will be ready for Computer Essentials and the magic of the Internet, e-mail and much more.

#10697 Thu May 6
\$6(M)/\$8(N) 10 am-noon

#10696 Mon Jun 7
\$6(M)/\$8(N) 10 am-noon Conway

Computer Essentials

Build the necessary foundation toward a better understanding of computer terms and uses. This class is a springboard toward a thorough understanding of computer concepts and a prerequisite for all advanced classes. Note: \$3 materials fee payable to instructor at class.

#10467 Tue & Thu Apr 6-13
\$15(M)/\$19(N) 10 am-12 noon Bender

Digital Photography Basics

NEW

Use your digital camera in automatic mode, examine digital resolution, photo composition, how metering systems operate, flash and proper usage of natural light. Homework assignments will reinforce topics covered in class and there will be corrective criticism at the beginning of each meeting. Note: Bring a digital camera. You need to know how to use the camera.

#10546 Wed & Mon Apr 14-26
\$25(M)/\$32(N) 1 pm-3 pm Bender

E-mail

Learn how to set up an address book, how to send attachments, photographs, signatures and group mail. A discussion of Hotmail will be included. Note: \$2 materials fee payable to instructor at class.

#10469 Mon & Wed May 17-24
\$15(M)/\$19(N) 10 am-12 noon Bender

Help Menu for WINDOWS

Looking for an instruction manual for your PC? Make it easy on yourself and learn to use WINDOWS Help. This step-by-step class will teach you how.

#10548 Tue May 4
No fees 1 pm-3 pm Martin

Internet

Get on line via the Internet and get connected to the information age. Through Internet Explorer, discover how to use the Internet to find free software, health information, purchasing information, product and price comparisons and much more.

#10470 Tue & Thu Jun 8-17
\$20(M)/\$25(N) 10 am-12 noon Bender

Right Click - Left Click

Learn to use the right mouse button! Discover its many applications in word processing, copying pictures, file management and customizing your desktop. Many functions can be performed more easily if you know how to use both left and right mouse buttons.

#10473 Mon & Wed Jun 28 & 30
\$6(M)/\$8(N) 1 pm-3 pm Martin

Simple Word Processing

Learn to use Notepad and WordPad, two relatively simple word processing programs. WordPad will allow you to embed and annotate any picture that appears on your screen and then attach it to e-mail. Note: Typing skills are not needed.

#10472 Tue & Thu Apr 20 & 22
\$6(M)/\$8(N) 1 pm-3 pm Martin

Understanding Windows

This introduction will prepare you for all the computer programs you might use. Learn more about the menu bar, task bar, start button, shortcut keys, filing systems, icons and using Windows Explorer. Note: \$10 manual fee payable to instructor at class. No class May 10.

#10468 Mon & Wed Apr 26-May 12
\$25(M)/\$30(N) 10 am-12 noon Bender

Windows - Paint

The Paint Program is part of Windows. Copy and edit any picture that appears on your screen and add your own caption, or draw your own picture. Once saved, you can later attach your pictures to e-mails; any recipient using Windows will be able to open and see your pictures.

#10471 Tue & Thu May 18 & 20
\$6(M)/\$8(N) 1 pm-3 pm Martin

Word Perfect - An Introduction **NEW**

Learn the basics and then use Word Perfect for your word processing jobs. We will cover formatting text and storing formats for future documents. Prerequisite: Computer Essentials

#10700 Wed Jun 16
\$6(M)/\$8(N) 10 am-12 noon



Senior Fitness & Sports

Registration deadline for all activities is one week prior to the start of the class unless otherwise noted. All classes will be held at the Rockville Senior Center unless otherwise noted.



A complete physical check up by your doctor is recommended before starting any new exercise program. If your blood pressure is not already on file at the Senior Center, please have it taken by the nurse or Wellness coordinator in the Health Room. Wear comfortable clothing and a flat, soft-soled shoe (preferably tennis shoes) for all exercise classes.

Arthritis Foundation's PACE

People with Arthritis Can Exercise (PACE), designed by the Arthritis Foundation (AF), uses gentle activities to help increase joint flexibility, range of motion, maintain muscle strength and increase overall stamina. PACE can help reduce pain, stiffness and feelings of isolation and depression. Our instructor is certified by the AF.

9 weeks.
#10001 Thu Apr 15-Jun 10
\$21(M)/\$26(N) 1 pm-2 pm Cristiano

Backyard Badminton

Come out and learn to play or improve your game of badminton. Our instructor is a National Senior Olympic Gold Medalist. Take advantage of his expertise. All levels of play are welcome. The badminton program is located at Twinbrook Community Recreation Center.

#10025 Fri Apr 2-Jul 16
No fees 8:45 am-9:45 am Shannon

Ball Dynamics

Be a pioneer. This is an innovative exercise program which uses large Swiss balls for aerobic and resistance training. You can improve your balance, coordination, circulation, strength and flexibility at your own pace. All these benefits are possible while having fun.

No class 5/31. 9 weeks.
#10002 Mon & Wed Apr 12-Jun 16
\$29(M)/\$36(N) 1:15 pm-2 pm Cristiano



Bocce Ball Club

Bocce is a game which is easy to learn and can be enjoyed at all levels. We have a great new court and would like to form a club. Anyone interested should attend this organizational meeting to discuss Bocce Ball, form teams and arrange convenient times to get together to play. We will adjourn to the court after the meeting. If you are interested in joining a team but cannot attend the meeting, see Joyce in the office.

#10024 Mon Apr 26
No fees 10:30 am-11:30 am Galasso

Chair Exercise

Exercises are gentle and designed to start slowly and build gradually. The program is done seated and is for both men and women. Patterns are designed for those with limited mobility to help you develop strength, flexibility and endurance, as well as to promote better circulation. All movements are performed to music.

No class 5/31. 9 weeks.

#10004 Mon & Wed Apr 12-Jun 16
\$32(M)/\$40(N) 11 am-12 noon Cristiano

Fitness Club

Get fit by working out in our state-of-the-art-Fitness Room! We have Hammer Strength exercise equipment, electronic treadmills, stationary bikes, rowing machines, Stairmaster, elliptical trainers, and Health Rider. To join the Fitness Club, you must be a Senior Center member and you must complete the Exercise Machine Training Course. A file drawer is available to keep individual records. If you are already a member of the Fitness Club and need a refresher course on the equipment, workshops are offered periodically. (See sign-up sheets on desk outside room.)

Hours: Monday through Friday: 8:30 a.m.-4:50 p.m.
Saturday: 8:30 a.m.-12:50 p.m.

Exercise Machine Training

Are you interested in becoming a Fitness Club member and learning how to use our exercise equipment? Instruction is offered by appointment. Register for the month desired and you will be contacted for an appointment time within the time frame indicated below. After training, use the Fitness Room at your convenience by scanning your membership card at the information desk.

#10020 Mon, Tue, Wed & Thu Apr 5-Jun 24
\$22 10 am-5 pm Klop

Game Room

Pool tables, table tennis table and dart board are available daily at the Rockville Senior Center for your enjoyment. Practice games, clinics, instruction and tournaments are periodically set up for your participation. Sign out keys for the equipment in the office.

FOR MEMBERS ONLY: Mon-Fri: 8:30 a.m.-4:50 p.m.
Sat: 8:30 a.m.-12:50 p.m.

Table tennis is available at Twinbrook Community Recreation Center on Wednesdays from 9-10 a.m.

Table Tennis Tournament

#10005 Thu Apr 1
No fees 10 am-11 am Cristiano

Bocce Ball Tournament

#10006 Wed Jun 16
No fees 10:30 am-11:30 am Cristiano

Instructional Golf Clinic

Instructor for beginner and intermediate golfers will concentrate on the fundamentals of golf which include the swing, grip, stance and posture. An introduction to the short game, chipping, putting and a discussion of rules and etiquette will be included. Clubs provided if needed. First class will meet for only one hour.

#10031 Fri May 7-28
\$26(M)/\$32(N) 10 am-12 noon Reilly

Line Dancing - Beg./Int.

Put on your dancin' shoes and join our line in this wholesome form of exercise and fun! Our instructor teaches a variety of line dances for beginners and intermediates so you can learn at your own pace. This is a no-partner activity for men and women.

6 weeks.

#10007 Wed Apr 14-May 19
\$21(M)/\$26(N) 10:10-10:55 am Hussmann

Newcomb Volleyball

Have fun and get fit at the same time. Newcomb is a form of volleyball in which players toss and catch the ball instead of hitting it over the net. This co-rec activity is fun and easy for all seniors to play. Beginners, as well as experienced players, are welcome. Coach 'Bernie' Shannon will help keep you in shape. Volleyball is located at Twinbrook Community Recreation Center.

#10019 Fri & Wed Apr 2-Jun 30
No fees 10 am-11:00 am Shannon

Personal Trainer

An AFAA certified personal trainer will evaluate your needs and design an individualized program for you using the Hammer Strength machines as well as other equipment. After registering for this activity, you will be contacted to arrange an appointment time. Prerequisite: you already must have been trained on the equipment. (See Exercise Machine Training.)

1 One-Hour Session

#10026	Mon, Wed & Fri	Apr 5-Jul 23
\$33	10 am-5 pm	Klopper

2 One-Hour Sessions

#10027	Mon, Wed & Fri	Apr 5-Jul 23
\$55	1 pm-5 pm	Klopper

Rockville Senior Cycling Workshop

You are always young enough to bicycle. Jeff Radan, Rockville's Bikeway Coordinator, will provide practical and useful information for senior adults concerning bike fit, bike safety, cycling equipment and the advantages of cycling. Whether you are a biking enthusiast or a novice, this workshop, tailored to your needs, will teach you how safely to operate and outfit your bicycle and bring you up to speed.

#10694	Wed	Apr 21	
No fees		9 am-10 am	Staub

Rockville Senior Riders

Join a fun bunch of senior bicyclists on casual bike rides in the area and recapture your youth. If you have not ridden a bike recently, we can help you. We will start with the basics and provide individual help with your skills. We will assure that you are fitted properly and teach you simple maintenance procedures. A limited number of bikes are available for those without them. Call 240-314-8822 to make arrangements.

#10692	Wed	May 5-Jun 9	
\$10(M)/\$13(N)		9 am-10 am	Staub

Senior Co-Rec Softball Team

Our Rockville team competes with other senior teams in the Montgomery County Senior Softball League. Games are held on Wed. mornings. Check Senior Center calendar for games and times. Come out and cheer for us on.

#10021	Wed	Mar 10-May 5	
No fees		9 am-11 am	Staub

Senior Duffers

Register now for a fun-filled season of great golf. Play is arranged at local golf courses with 'away' golf scheduled once a month. All levels of ability are invited to join. However, this is not a teaching activity. All who wish to participate MUST register. An organizational meeting will be held at the Senior Center on April 5, 2004, at 1:30 p.m., in the Azalea Room.

No class 5/31.	
#10030	Mon Mar 22-Aug 2
\$15(M)/\$19(N)	8 am-1 pm Staub

Senior Fit

Improve your health and become more independent with the help of an experienced exercise physiologist. The class is sponsored by Holy Cross Hospital and Kaiser Permanente and includes periodic fitness assessments and health education. Note: New participants must register and must have a signed doctor's certificate before beginning. Forms are available in front office.

No class 5/31. Ongoing.	
#10028	Mon & Wed Apr 5-Jul 21
No fees	1:30 pm-2:15 pm Cowie

No class 5/31. Ongoing.	
#10029	Mon & Wed Apr 5-Jul 21
No fees	2:20 pm-3:05 pm Cowie

Senior Fitness Walkers

Get in the habit of walking. Meet with our staff once a week to walk, get information, support and turn in daily log sheets. A pedometer will be available (or bring your own) to count steps. Walking is good for the mind, body and soul. Increase the number of steps you walk daily and gain a healthier lifestyle and receive an incentive gift.

#10032	Thu	Apr 15-Jun 10	
\$12(M)/\$15(N)		9:30 am-10:30 am	Cristiano

Senior Pilates

This class is a modified, gentler version designed for the senior participant. Strengthening and stretching exercises target abdominal and pelvic muscles to improve balance, posture, flexibility, and core strength. Enjoy this no-impact, mind/body workout using mats. Note: Wear comfortable clothes.

6 weeks.	
#10009	Tue & Thu Apr 13-May 20
\$50(M)/\$62(N)	2 pm-2:45 pm Hannon

Senior T'ai Chi Ch'uan

This physical exercise program combines body movement, breathing and mental awareness to promote health and relaxation. Practiced in slow, circular, continuous movement, it offers a relaxation technique, breathing routine and range-of-motion routine. Class will include T'ai Chi Chi'- Kung and simplified 24 movements of T'ai Chi Ch'uan. Both are easy to learn.

9 weeks.

#10011 Tue & Thu Apr 13-Jun 10
\$37(M)/\$46(N) 10 am-10:50 am Tuanmu

Soft Aerobics

Step up to the latest exercise designed for those seniors who can walk and turn with ease. Aerobic dancing provides enjoyable exercise using easy dance movements with one foot safely in contact with the floor at all times. Set your own pace for a workout without strain.

9 weeks.

#10012 Thu & Tue Apr 15-Jun 15
\$32(M)/\$40(N) 11 am-12 noon Staub

Table Tennis for Beginners

If you have been wanting to play table tennis but are intimidated by the rapid play of those playing the game, join this class for beginner instruction. Not only is it fun to play but also aids in dexterity, flexibility, coordination and reflexes. Note: No previous experience necessary. Paddles and balls will be available.

#10719 Tue Apr 13-May 18
\$20(M)/\$25(N) 10 am-10:55 am Shinn

Ten Pin Rockin' Rollers

When is the last time someone cheered for you? Strike up a friendship with us! You will have a ball with this social league. New members are welcome; all members need to register. The weekly \$5.25 fee is payable directly to Shady Grove Fairlanes the day of play and includes three games and shoe rental. Bowling is at Shady Grove Fairlanes, 15720 Shady Grove Rd.

#10022 Thu Apr 1-Jul 15
No fees 1 pm-3 pm French

The New Attitudes

This is a spin-off group from the Soft Aerobics class that performs at various functions throughout the year at senior centers, nursing homes and at special events. If you are interested in learning, practicing and performing choreographed dance routines, join this energetic group and be a 'star.' Participants must register for Soft Aerobics class.

9 weeks.

#10014 Thu Apr 22-Jun 17
No fees 12 noon-12:30 pm Staub

Toning Table Training

Training is required to use the toning tables located in the Fitness Room. Instruction is offered by appointment. Sign-up sheets are available on the desk outside the Fitness Room. Note: To use the toning tables, you must wear long pants and socks and bring a towel.

#10023 Thu Apr 1-Jun 24
No fees 10 am-11 pm Cristiano

Total Conditioning Workout

This strength building, non-cardio fitness class is for both men and women. It offers a mental and physical workout designed to produce improvement in strength, flexibility and balance. The workout intensity may be modified to suit any fitness level. Instructor is ACE and AIFE certified.

No class 5/31. 9 weeks.

#10015 Wed & Mon Apr 14-Jun 21
\$32(M)/\$40(N) 9 am-10 am Hussmann

Wai Tan Kung

This form of Kung Fu is directed primarily at maintaining good health. It is simple to learn, requires no special equipment, practice time is short and anyone can do it! Based on the ancient concept of Chi, or vital force, it involves using external movement to tap into internal force.

9 weeks.

#10016 Fri Apr 16-Jun 11
\$12(M)/\$14(N) 11 am-12 noon Tuanmu

Yoga

Yoga is a lifestyle incorporating natural exercise, diet, proper breathing, relaxation, meditation and positive thinking. Students practice gentle stretching and strengthening exercises for the whole body, as well as deep relaxation and breathing techniques. Note: Wear comfortable, loose-fitting clothing.

9 weeks.

#10018 Fri Apr 16-Jun 11
\$34(M)/\$42(N) 9:50 am-10:50 am Figure

NEW TO ROCKVILLE?

The City of Rockville Department of Recreation and Parks invites you to come in and find out what we have to offer. We have programs, classes and facilities for all ages.

Want to learn more?

Please give us a call at
240-314-8620 . . . you are important to us!

Senior Health & Wellness

All classes will be held at the Rockville Senior Center unless otherwise noted.

Active For Life

The Active for Life Center of the National Capital Region, JCA, is partnering with Rockville Senior Center to present this weekly, behavioral change program to help sedentary, generally healthy, community-dwelling adults age 50+ add more physical activity to daily routines. Class discussion topics: finding time and motivation to be physically active; setting realistic goals; developing support systems and incentives; and maintaining physical activity beyond the course. Participants independently pursue physical activities between classes. Qualified applicants receive free tuition; a copy of the textbook, Active Living Every Day; a step counter, and an Active for Life T-shirt. For information, call the Active for Life Center @ 301-255-4205. Note: No class 4/8 or 5/27.

#10483 Thu Apr 1-Sep 9
No fees 1:30 pm-2:30 pm

Are You Getting Enough Sleep?

April is National Sleep Month and to help you get better sleep, Kerry O'Shanick, representing the National Capital Sleep Center at Suburban Hospital, will talk about common sleep disorders. One out of five people in the United States suffers from the consequences of excessive daytime sleepiness that regularly interferes with daily activities. We will give you a sleep quiz and talk about the nature of sleep studies, how the diagnosis is made and treatments now available to assist you in getting a good night's sleep.

#10522 Thu Apr 15
No fees 1 pm-2 pm

Common Foot Problems for Seniors

Milton Reid from the Capital area Good Feet Store will present information on foot care for seniors. He will discuss common foot problems like heel pain and special issues that deal with diabetic foot care.

#10526 Tue May 4
No fees 1 pm-2 pm

Conditions of the Hand

Hand and wrist problems abound and encompass everything from arthritis to trigger finger to carpal tunnel syndrome. Learn about these conditions and more from Dr. Harrison Solomon, a hand surgeon. Is surgery always necessary? What can be done to relieve the pain and disability of problems associated with the hands.

#10524 Thu Jun 17
No fees 1 pm-2 pm

Food & Medication Connection

Your prescription and over-the-counter medications can interact with the food that you eat and the supplements that you take. Certain medications can cause nutritional side effects. Some medications should be taken on an empty stomach and others with food. It can be so overwhelming! Let Fran Armstrong, Licensed Nutritionist with the Senior Nutrition Program, clear up those questions. Remember to bring a list of all the medications and supplements that you take.

#10515 Tue Apr 20
No fees 1 pm-2 pm

How to Improve Your Balance

Lisa Ebb, Physical Therapist from NRH Regional Rehab in Olney, will discuss the factors that affect our balance as we age. She will present ways to improve your balance and will bring the balance master machine to use for a demonstration.

#10521 Thu May 13
No fees 1 pm-2 pm

New Techniques in Surgery

Technology has changed much in the field of medicine. Many surgical techniques have evolved to reduce the risks associated with an operation and to minimize postoperative healing. Dr. Dany Westerland will explain some of the new procedures you've been hearing about such as laparoscopy, laser surgery and other minimally invasive procedures. He will answer your questions about anesthesia, recovery time and return to work.

#10523 Thu May 20
No fees 1 pm-2 pm

Senior Back Pain

Don't be one of the 'walking wounded.' Millions of people suffer from back pain, often unnecessarily. Learn ways to prevent and treat the problem without drugs! In this one-hour seminar, Dr. Robert Rifkin will explain different types of back pain conditions and how to deal with them. Includes a postural analysis and time for questions and answers.

#10485 Tue Jun 8
No fees 11 am-12 noon

Rockville Senior Center
Health Fair
Wednesday, May 26
11 a.m. - 2 p.m.

Senior Recreation

All classes will be held at the Rockville Senior Center unless otherwise noted.

Annual Senior Gala

This year's Gala at Lakewood Country Club takes on a new look! Start the evening with music by our own DJ, Eddie Lynn. Following dinner the JC Combo, a six-piece band with vocalist, will perform. During the evening the New Attitudes will entertain, the Carnation Players will present their latest smash hit, and there will be line dancing as well! Note: On the registration form, indicate entree choice, Baked Stuffed Flounder or Chicken Marsala, and whether you will need bus transportation. If you wish to dine in a group, have one member of the group complete a seating request form, available at the Senior Center.

Register by 4/9.
#10478 Thu Apr 29
\$35(M)/\$44(N) 5 pm-8:30 pm

Astonishing People **NEW**

Come to our newest series featuring amazing and astonishing people who have incredible stories to share with us.

Witness to Nuremberg

Our speaker was a special agent, Counterintelligence Corps, with the U. S. Army during World War II. He provided security and interpretation during the Nuremberg War Crimes Tribunal and will share his experience of this historic event with us.

Register by: 5/21.
#9972 Thu Jun 3
No fees 10:15 am-12:15 pm

In the Line of Fire

Our speaker was a Secret Service agent who helped save President Reagan's life after the assassination attempt. He also has guarded Queen Elizabeth, Emperor Hirohito and Lee Harvey Oswald's mother.

Register by: 3/23.
#10033 Thu Apr 1
No fees 10:15 am-12:15 pm

Beaded Jewelry **NEW**

Always wanted to learn how to make your own jewelry? Then join us as we learn some simple techniques for making beaded necklaces and earrings. We'll make a two-strand necklace and matching earrings. Learn what materials to use and which tools you will need. Note: \$15 material fee due to instructor at class to cover cost of all supplies. Bring a beading board if you have one.

Register by: 3/17.
#9966 Tue Mar 30
\$8(M)/\$10(N) 10:15 am-1:15 pm Weeks

Birthday and Anniversary Parties

Mark your calendar! Celebrate spring birthdays and anniversaries with great entertainment and light refreshments. Register one week prior to each party.

April Birthday and Anniversary Party

Sponsored By: Rockville Senior Associates Senior Club, Shirley Dennison, Liz Hencken, Beverly Pratt, Betty Wedler

Entertainment by: Hey Day Players
#10562 Wed Apr 14 (Note: New Date)
No fees 1:30 pm-3 pm

May Birthday and Anniversary Party

Sponsored By: Marge Carter and Suburban Federal Savings Bank

Entertainment by: Senior Star Showcase, 'Hooray for Hollywood'

#10563 Wed May 5
No fees 1:30 pm-3 pm

June Birthday and Anniversary Party

Sponsored By: Sponsorship Available

Entertainment by: Just Us
#10564 Wed Jun 2
No fees 1:30 pm-3 pm



Classical Music Appreciation

Music of Germany and the 3 Bs

Many people think of German music as a 'heavy' style associated with Wagner. But much of the music is more lilting and even reflects the styles of Germany's neighbors. In addition to works by Beethoven, Brahms and Bach, we will hear von Suppe, Handel, Hummel, Humperdinck and Haydn. (The 4-H Club?)

Register by: 3/10.

#10480	Wed	Mar 17	
No fees		1 pm-2:30 pm	Stein

Name Your Favorite Tune

This program has been a favorite in the past. We ask you to submit suggestions of what you want to hear, and we make every attempt to accommodate your requests. Bring your suggestions to the Transportation Office at the Senior Center, or submit them directly to Murray during one of the music programs.

Register by: 4/14.

#10481	Wed	Apr 21	
No fees		1 pm-2:30 pm	Stein

Music Written for Strings

Much romantic music is associated with strings, and it has been written for more than a dozen different string instruments. We will hear music by Bach, Vivaldi, Rodrigo, Mendelsohn, Lalo, Beethoven, Liszt and Tchaikowsky. The last three were the greatest pianists of the 19th century. (Remember that the piano is a string instrument.)

Register by: 5/11.

#10482	Wed	May 19	
No fees		1 pm-2:30 pm	Stein

CPR for Adults

Learn the techniques of rescue breathing and CPR for adults based on the new American Heart Association guidelines. Risk factors and warning signs for heart attack and stroke are included in this class. You will receive a certificate and booklet from the American Heart Association at the completion of the class.

Register by: 4/1.

#10544	Mon	Apr 12	
\$20(M)/\$25(N)		7 pm-9 pm	

INCOME TAX ASSISTANCE

No fee • Appointments required

Moday, April 12 • 9 a.m.-3 p.m.

For an appointment, call 301-468-4179

Glass Fusing-Bracelet

Our favorite glass fusing artist, Eileen Martin, will be here to teach us how to make an incredible, dichroic glass bracelet. We'll arrange layers of plain and dichroic glass to be fired and then inserted into a bracelet blank. Eileen will take your work of art to her studio for firing, and you will pick it up the following week. Note: \$30 material fee payable to instructor at class.

Register by: 4/5.

#9969	Tue	Apr 27	
\$25(M)/\$31(N)		12:15 pm-2:15 pm	

Glass Fusing-Intermediate

Take your glass fusing skills to the next level in this class as Eileen takes us through the process of making a decorative 10-inch plate. Begin with plain glass, add lots of dichroic glass rods and frit, then top it off with another layer of plain glass. This requires several firings by our expert to get it to fuse and slump into the required shape. Similar items sell for \$150 and up in specialty stores, but you can learn to produce your own for half the cost! Note: \$35 material fee includes all supplies and two kiln firings, payable to instructor at class.

Register by: 5/12.

#10690	Tue	May 25	
\$30(M)/\$38(N)		12:15 pm-2:15 pm	

Group Piano

Lessons, offered at different levels, teach the rudiments of rhythm, theory and note reading. Pianos are available for each lesson and for practice. Note: Music books may be purchased from instructor for approximately \$13. Prerequisite for all classes is completion of winter season's class.

Advanced Intermediate

Register by: 4/9. 6 weeks.

#9895	Tue	Apr 20-May 25	
\$57(M)/\$67(N)		10:15 am-11:15 am	Butenhoff

Elementary

Register by: 4/9. 6 weeks.

#9896	Tue	Apr 20-May 25	
\$57(M)/\$67(N)		11:15 am-12:15 pm	Butenhoff

Hand Chime Choir

Hand chimes are similar to hand bells and are played in a like manner. The ability to read music is helpful but not mandatory. Rehearsals are scheduled on a weekly basis with performances being the goal. Join us for this unique musical experience.

Register by: 4/19. 5 weeks.

#10479	Wed	Apr 28-May 26	
No fees		1 pm-1:45 pm	Staub

Learning For A Lifetime: **NEW** Elderhostel

Learn firsthand about the Elderhostel Program, the nation's first and world's largest educational and travel organization. Discover why a quarter of a million enrollees took more than 10,000 programs in 100 countries. Learning is a lifelong process and sharing new ideas, challenges and experiences is rewarding in every season of life. Come with your questions and get some answers!

Register by 4/16.

#10446 Fri Apr 23
No fees 11 am-12 noon

Lifelong Learning Institute **NEW**

Did you know Jack the Ripper spawned the creation of the athletic shoe and that the guillotine was invented for humanitarian reasons? Find out all the details behind these historic events when we present an opportunity to learn and expand your horizons. This four-week series is called History From a Revisionist's Perspective. Certificate presented to graduates of this course. Note: Co-sponsored with Montgomery College's Lifelong Learning Institute.

Register by 3/15. 4 weeks.

#10034 Mon Mar 22-Apr 12
\$25(M)/\$30(N) 1:30 pm-3 pm

Name That Herb **NEW**

Bring your appetite for this class! We'll begin by taste-testing some goodies and beverages to determine which herbs they contain. Next, we'll make some herbal seasoning blends and teas for you to use in your own cooking. Find out which herbs to use to add pizzazz to your meals. Note: \$10 material fee for handouts, seasoning blends, teas, and snacks due to instructor at class.

Register by: 4/22.

#9971 Mon May 3
\$8(M)/\$10(N) 10:15 am-12:15 pm Weeks

Painting On Glass **NEW**

Find out just how easy it is to paint on glass. We'll be making two projects that you will take home and bake to make them permanent. It's fun and easy. There is no painting experience necessary. Note: \$15 material fee due to instructor at class.

Register by: 4/6.

#9897 Tue Apr 20
\$8(M)/\$10(N) 10:15 am-12:15 pm Pasquariello

Piecemakers' Club

Come join our friendly group of quilters for a session of sewing, learning and fun. New to quilting or perhaps you want to learn a new technique? You may work on your own or join a group project. This is a great opportunity to share ideas and keep current on the latest in quilting. We'll be meeting every Monday for our Spring session.

Register by: 4/8. 6 weeks.

#10545 Mon Apr 19-May 24
\$7(M)/\$10(N) 12:45 pm-2:45 pm

Signing Seniors **NEW**

An introductory course in American Sign Language is being offered. You will learn finger spelling, simple questions and conversations as well as how to sign *Happy Birthday!* Then you can perform this song for the May Birthday Party in honor of Older Americans' Month. Note: No class 4/7.

Register By: 3/17. 5 weeks.

#10445 Wed Mar 24-Apr 28
No fees 2:30 pm-3:30 pm



Spring Bazaar & Yard Sale

Sponsored by Rockville Seniors, Inc.

Saturday, May 15 • 9 a.m. - 1 p.m.

Rockville Senior Center

1150 Carnation Dr., Rockville, MD 20850

240-314-8800

Indoor • Air Conditioned

Refreshments • Bake Sale • Computer Sale • Household Items
Thrift Shop • Gift Shop • Plant Sale • Arts and Crafts

Stained Glass Stepping Stone **NEW**

Yes, you can walk on them! These stepping stones are beautiful and add such a nice touch to your garden, walkway or pond. Learn the secrets to making your own stepping stones at this easy-to-do class using Donna's copyrighted techniques. Choose from an iris, butterflies or pond scene. Note: \$45 material fee due to instructor at class.

Register by 4/8. 2 sessions.
#9967 Mon & Wed Apr 19 & 21
\$8(M)/\$10(N) 10:15 am-12:15 pm Weeks

Watercolor - Advanced

Using skills they have already mastered, students will learn new techniques in watercolor. Traditional and contemporary approaches will be offered. Come enhance your skills in a comfortable and nurturing atmosphere.

Register by: 4/2. 6 weeks. No class 5/20.
#9893 Thu Apr 15-May 27
\$45(M)/\$55(N) 10 am-12 noon Ely

Watercolor - Beginning **NEW**

Just for you, an introduction to watercolor painting. Join us and learn about color mixing and brushwork. Basic techniques, value studies, composition and experimental approaches will be explored. Note: \$5 material fee due to instructor at class covers cost of required supplies.

Register by: 4/9. 4 weeks.
#9962 Tue Apr 13-May 4
\$40(M)/\$50(N) 1 pm-3 pm Ely

Woodworking - An Introduction

Come join us as we learn all about the nature of wood, selecting materials, making a cut list, marking and measuring. We'll also be introduced to the proper use of hand and power tools and project assembly. If you've wanted to get into woodworking this is the class for you.

Register by: 3/9. 2 sessions.
#10477 Tue & Wed Mar 23 & 24
\$46(M)/\$58(N) 10 am-1 pm Fonoroff

Woodworking-Pen Making II **NEW**

Take your pen making skills to the next level. Learn to create either a Mont Blanc or Parker style pen using your woodworking skills. A prerequisite of Basic Pen Making Class is required. Note: \$15 material fee due to the instructor at the class.

Register by 3/23.
#10476 Thu Apr 1
\$40(M)/\$50(N) 10 am-1 pm Fonoroff

Senior Special Interest Classes

All classes will be held at the Rockville Senior Center unless otherwise noted.

Downsizing - Where to Start **NEW**

More room than you need? Tired of scrubbing that extra bath? Lawn maintenance becoming a chore? Perhaps downsizing is the solution! Learn about the downsizing process one step at a time so that you can have more time to enjoy your life. Presented by Louise Canavan, Mortgage Banker, and Arominta Perry, Realtor.

#10547 Wed Jun 9
No fees 1 pm-2:30 pm

English Classes

English classes are available for seniors whose first language is not English. The classes include reading, speaking, listening and pronunciation. Classes include beginner, intermediate and advanced levels. Placement may be revised based on skill or ability. Note: You must be a Senior Center Member or City resident age 60 and older to register. STUDENTS MUST REGISTER IN PERSON on MONDAY, March 15 at 10:30 a.m. Classes begin the week of April 12 and end June 18.

#10701 M, W & F Apr 12-Jun 18
\$10(M)/\$13(N) 11 am-12 noon

#10702 Mon & Wed Apr 12-Jun 16
\$10(M)/\$13(N) 10 am-11 am

#10703 Thu Apr 15-Jun 17
\$10(M)/\$13(N) 10 am-12 noon

#10704 Tue Apr 13-Jun 15
\$10(M)/\$13(N) 10 am-12 noon



Waiting List

If your desired class is filled, you will be notified and placed on a waiting list. The department will make every effort to accommodate those on the waiting list (adding classes, etc.). If any openings become available, we will then go to the waiting list to fill the class.



Financial Strategies

This workshop will address a range of financial issues for those who are about to, or who already have retired. We will discuss limiting the amount of taxes you have to pay on investment income, tax-deferred income, guaranteeing your income and increasing after-tax interest income. Learn about long-term care expenses. There are new insurance and investment products that are quite comprehensive and financial products that can provide additional income. Emphasis will be placed on ensuring the security and safety of your principal and assets. Presented by Mature Financial Strategies.

#10551 Tue Apr 20
No fees 10:15 am-11:30 am

Funeral Planning 101

Join us for an informative, non-threatening discussion on what you should know about funeral planning. Find out about service and ceremony preferences, including donation and how to facilitate preferences. Presented by Pumphrey Funeral Homes.

#10484 Wed Apr 28
No fees 10:15 am-11:15 am

BINGO

JOIN IN THE FUN

WEDNESDAY NIGHTS!

EARLY BIRD starts at 7 p.m.
REGULAR GAMES start at 7:30 p.m.



FREE hot dog, chips and coffee with admission.
Plenty of free, well-lit parking. **AMPLE** rest rooms.
ALL proceeds support the Rockville Senior Center.
EVERYONE'S a winner when you play with us!

ROCKVILLE SENIOR CENTER

1150 Carnation Drive · Rockville, MD 20850
Directions: 240-314-5019

Senior Rockville University **NEW**

Are you confused about City services and don't know whom to call when your street hasn't been plowed, a streetlight is out or if leaves in the neighborhood haven't been picked up? Would you like to become more involved in City Hall as well as your community but don't know how? Enroll in the first session, a citizen awareness program, sponsored by the Mayor and Council and the Neighborhood and Community Services Department. In a class-like atmosphere, learn about our city's history, its government and its neighborhoods. Register by: 3/2.

#10056 Tue Mar 16-Apr 27
No fees 10 am-12 noon

Spanish - Advanced

Further develop your understanding of and fluency in reading and speaking Spanish. Review grammar and practice composing, translating and fluency in speaking. Intermediate II or similar experience is required.

#10699 Thu & Tue Apr 15-May 18
\$40(M)/\$45(N) 1 pm-3 pm Vera

Spanish for Beginners II

The Beginners II class is a continuation of our basic Spanish class and will emphasize comprehension and use of short, everyday sentences. Prerequisite: Completion of Conversational Spanish for Beginners or equivalent experience.

#10561 Wed & Mon Apr 14-May 17
\$40(M)/\$45(N) 1 pm-3 pm

Rockville Senior Center

Rental Rooms for all Occasions

Wedding Receptions
Bar & Bat Mitzvahs
Family Reunions • Business Meetings
Birthday Parties

CARNATION ROOM (capacity 160)

For 6 hours (including Kitchen)
Resident: \$711 Nonresident: \$982

AZALEA ROOM (capacity 50)

Resident: \$51-\$72 per hour
Nonresident: \$72-\$103 per hour

Call 240-314-8801

Note: Rates increase July 1, 2004

SENIOR CENTER TRIPS

REGISTRATION PROCEDURE FOR ALL TRIPS:

To continue to provide fair policies to manage the increasing participation in Senior Trips, an **In-Person Lottery Registration** will be held on **Wednesday, March 10**, at the Rockville Senior Center. Interested participants may draw lottery numbers between 10:15 and 10:30 a.m., with numbers called in random order starting at 10:30 a.m. Registrations will be accepted at the Senior Center ONLY. **Mail-in or walk-in registrations** will be accepted at the Senior Center on **Monday, March 16**, on a space-available basis. Note: Individuals may register for themselves and for **ONE OTHER INDIVIDUAL**. The cost listed as member/nonmember is the registration fee, payable the day of registration. Senior Center membership dues must be current to receive member fee. List your departure point on the designated transportation space.

Trip Departure/Return Information

Departure/return locations for all trips are:

- **For those who need parking:** Glenview Mansion Complex, Lower Lot
- **For those residing in the building and/or complex:** The bus will not stop at these points unless residents from the respective buildings are registered for the trip:



- 90 Monroe St.
- 199 Rollins Ave.

Specific departure times will be available at trip registration on March 10.

Senior Day Trips

Academy Adventure

Join us for a guided walking tour of the U.S. Naval Academy. A photo ID is required. Learn about the traditions and history behind the Japanese Bell and the Mexican War Monument and visit the crypt and sarcophagus of John Paul Jones. Before lunch, tour the Museum at the Officers' and Faculty Club. After lunch, stop at the Visitors' Center and Gift Shop. Note: The cost includes guided tour, lunch, souvenir, leadership and transportation. \$2 payable day of trip.

#10516 Fri Jun 4 7:30 am-3 pm
\$59(M)/\$74(N) Depart from: GM

Bowie Baysox Outing

Minor league baseball games can be described in one word - FUN! The Bowie Baysox are no exception. This is your chance to get up close and personal with the baseball players of the Orioles farm team in Bowie. Win or lose, you are always guaranteed a good time. We have reserved box seats where you can root, root, root for the home team. Bring money for lunch, peanuts and Cracker Jacks.

#10565 Thu May 20 9:15 am-3:30 pm
\$20(M)/\$25(N) Depart from: SC

Down On the River

Our travels take us to the Choptank River in the heart of Maryland's Eastern Shore. See local waterman work the river as we enjoy a buffet lunch at the Suicide Bridge Restaurant along the waterfront. A 1½ hour cruise aboard an 80' authentic reproduction paddlewheeler will end our day on the river. Cost includes lunch, boat ride, leadership and transportation.

#10519 Tue May 11 9 am-5:30 pm
\$70(M)/\$87(N) Depart from: GM

Eagles, Osprey and More

Home not only to nesting eagles and osprey, Blackwater National Wildlife Refuge near Cambridge, Maryland, is home to the endangered Delmarva shy elusive fox squirrel. Search not only for an amazing variety of birds but also for skinks, snakes and turtles in an eleven-mile driving loop. To better see the truly amazing wildlife, we'll stroll along some of the flat trails. Note: Wear comfortable walking shoes, bring binoculars, a lunch and water. The Croydon Creek Nature Center Supervisor will lead this adventure.

#10566 Tue Apr 20 9 am-5 pm
\$16(M)/\$20(N) Depart from: SC

Inn at Buckeystown

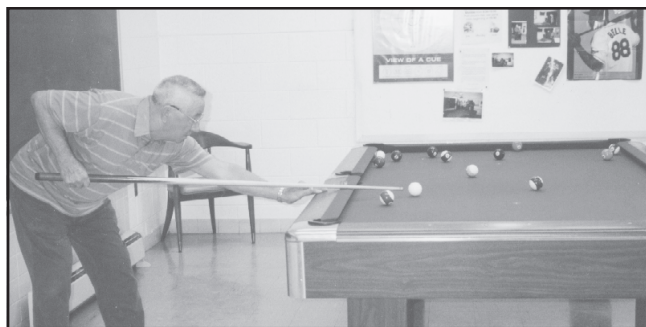
Step back in time to an 1897 Victorian mansion and lavish gardens. This four-star National Award Winning Inn will host our 'Serendipitea,' tour of home and garden. Our abundant tea will be served in the lap of Victorian elegance and style. What a lovely way to spend an afternoon in May. Cost includes leadership, lunch, tour and transportation.

#10553 Mon May 24 10:30 am-4 pm
\$45(M)/\$56(N) Depart from: GM

Medieval Times

Lords and Ladies, step back in time to the Middle Ages as we gather in the Great Hall of the Kings' Castle of Arundel Mills. Take part in the dinner feast and behold a tournament. Cheer for your knights and watch the powerful Andalusian stallions perform as swords clash and axes ring. And we wonder, is there a jester since it's almost April Fools' Day? Cost includes dinner, entertainment, leadership and transportation.

#10552 Wed Mar 31 4:15 pm-10:45 pm
\$78(M)/\$99(N) Depart from: GM



Nat. Air & Space Museum at Dulles

In celebration of the Wright Brothers 100th Anniversary, the Steven F. Udvar-Hazy Center has opened. Visit this vast new Smithsonian Museum for a two-hour guided tour and then spend time exploring on your own. Note: This is an extensive walking tour. Lunch will be purchased on your own. Trip includes leadership, tour and transportation.

#10517 Tue Apr 13 9 am-3:30 pm
\$25(M)/\$31(N) Depart from: GM

Ripkin Stadium Tour

We have the opportunity to tour the ultimate baseball destination built by the Ripkin Family in their hometown of Aberdeen, Maryland. This state-of-the-art minor league ballpark is home to the Aberdeen Ironbirds, a Baltimore Orioles affiliate. The ballpark opened to rave reviews and the Ironbirds have enjoyed sellouts for all their games. (We are on a wait list for a future game.)

#10567 Wed Apr 7 8:30 am-4 pm
\$21(M)/\$26(N) Depart from: GM

The Producers

Musical Comedy at its very best will be in the Opera House of the Kennedy Center. Enjoy orchestra seats for the biggest Tony Award winner in Broadway history! Dinner on your own at the Kennedy Center Cafeteria before the show. Trip fee includes ticket, leadership and transportation. Note. \$50 deposit due at trip registration, balance due 4/30.

#10557 Tue Jul 13 4:30 pm-Midnight
\$100(M)/\$125(N) Depart from: GM

Ride for Rockville

Sunday, May 30

Enjoy a leisurely ride or a quick morning tour. Ride at your own pace through the diverse neighborhoods of Rockville on a route designed to celebrate Rockville's diversity. Choose from a 6 or 20-mile route. Old & new neighborhoods and how they connect to each other will be highlighted. The ride begins and ends in Town Center near Regal Cinemas.

Start your ride: Anytime between 9 a.m. and 11 a.m. • **End your ride:** By 2 p.m. to enjoy the festivities.

Pick up a registration form at Rockville City Hall or download one from the Rockville Web site: www.rockvillemd.gov or call 240-314-8626. **Register early and save!** Activity #10509

Fees:	<u>Early</u> (By May 10)	<u>Late</u> (May 11 - May 29)	<u>Day of Ride</u>
Adults:	\$22	\$28	\$35
Children (under 12)	\$15	\$20	\$25

Registration fee includes T-shirt, "bottle buddy," route support, refreshments, "pedal" prizes and great food after the ride.

The City of Rockville is committed to providing a safe environment for our children whether walking or biking. Therefore, all proceeds go to the Rockville Youth Recreation Fund and Rockville Bike Fund, which provide recycled bikes, helmets, lights, locks and safety programs to the children of Rockville.